



<b>MOMENT</b>	Out of Possession
<b>Sub Mom-</b>	Transition to Attack
<b>AIM</b>	Final 3 <sup>rd</sup> Defending – Transition to Defend
<b>Sub Aim</b>	Keep
<b>THEME</b>	Unit Defending

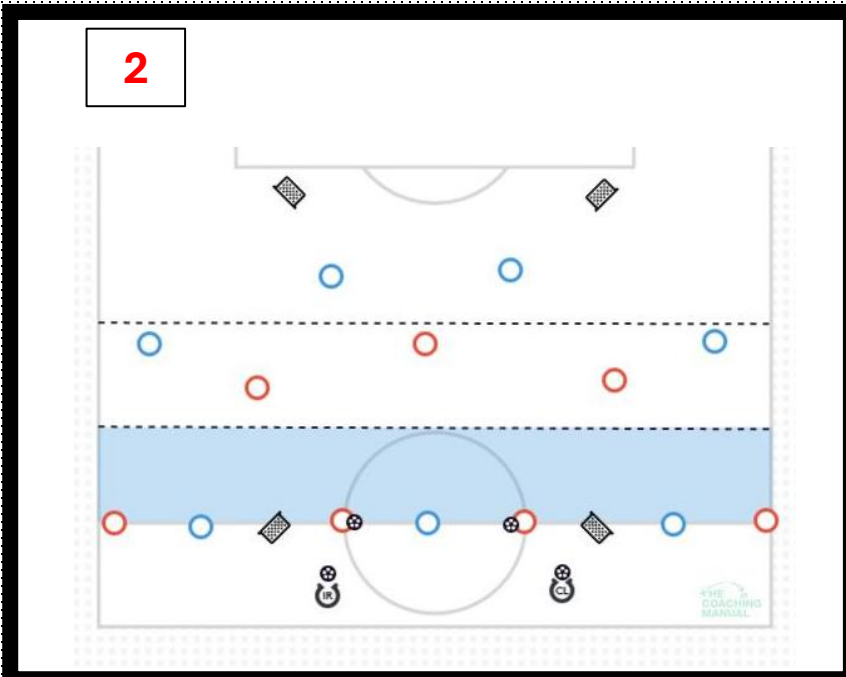
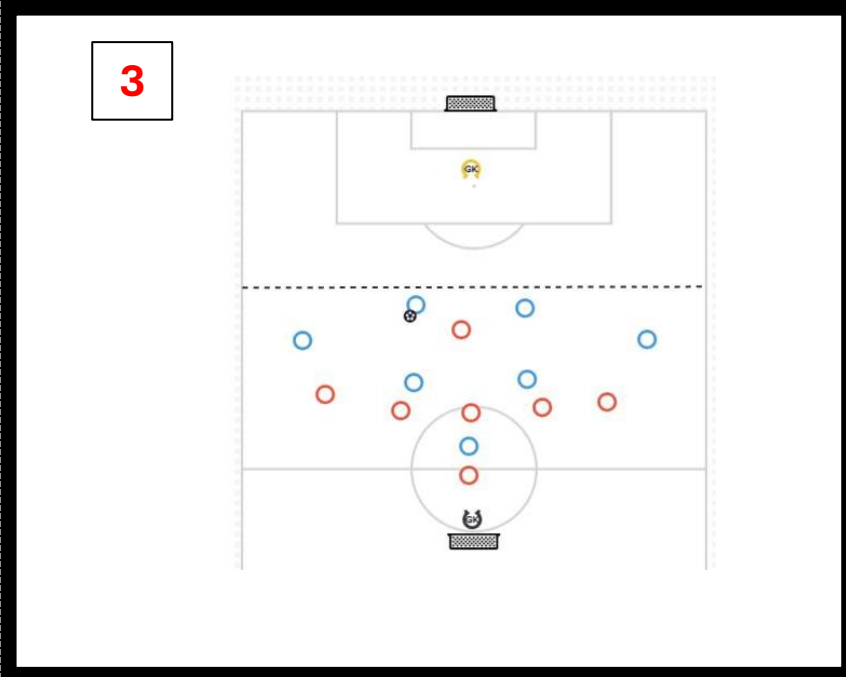
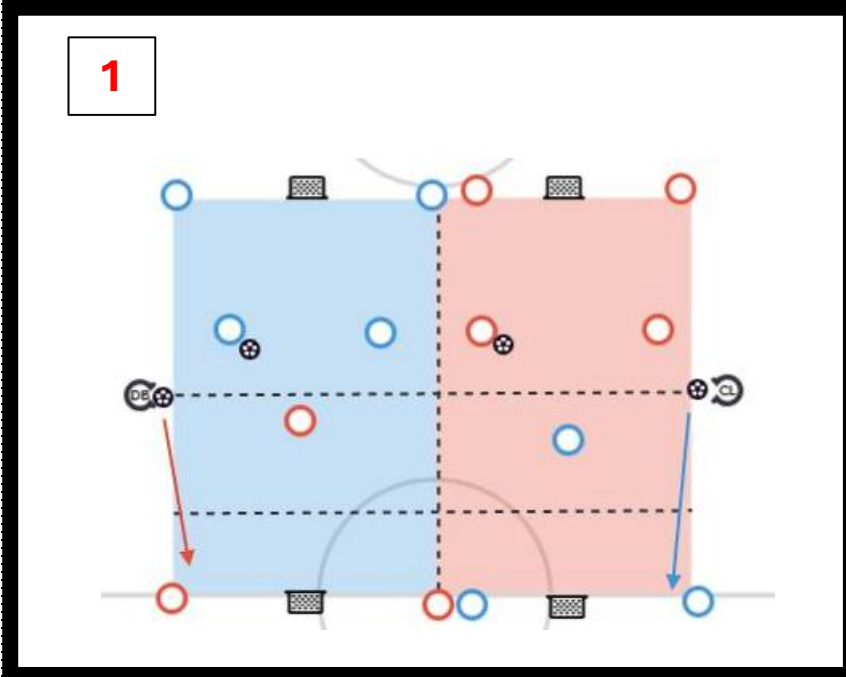
**PLAYERS AVAILABLE**

**GK** – JMCP,  
**DEF** – CB, AC, EMac, HC  
**MID** – LD, RMcQ, SC, JM, RW  
**ATT** – AR, SR, AC, MH, DB

**OUT** – CMcF,, JG, LMcG, LB, MQ, DM, MP  
**14 +1 GK**

**TIMINGS**

<b>20:00</b>	WARM UP/ ACTIVATION
<b>20:30</b>	ACTIVITY 1
<b>20:50</b>	ACTIVITY 2
<b>21:10</b>	ACTIVITY 3



<b>Activity</b>	<b>Instructions / Objectives</b>
1	<b>Transition to Defend 2v1 &gt; 2v3.</b> 2v1 scoring into mini goal. Must score beyond last flat line, other player must be in front of hallway line. DB/CL pass to opposite team to create transition into 2v3. <b>Progression:</b> If 2 defending against 3 regain the ball the two off can join to create Keep moment and a 4v3.
2	<b>4v3 &gt; 7v7 GRP.</b> Blues keep and build into blue zone to score. Blues that aren't scoring must be beyond first flat line for goal to count. Red nearest the mini that has been scored into restarts the 2 <sup>nd</sup> ball and aim to attack space left by scorer either centrally or wide. Blues must think about rest defence shape when in possession. <b>Progression:</b> IR/CL create 3 <sup>rd</sup> phase if blues regain and keep to score into mini goals within 7v7 by playing beyond or through to cause problems for blues.
3	<b>7v7 Conditioned Game.</b> Blues always start above flat line leaving space behind. Reds in defensive shape to regain and counter. If blues score, ball from side from coach play into red for them to exploit space left by blues. If blues pass ball out of play, same transition scenario happens by coaches passing ball in.